

## Goal Setting with C.R.O.S.S.ROADS™

Academic Goal  
 Character Goal

1) **C – Choice:** My Goal is: (Be Specific) \_\_\_\_\_  
*To make some friends at my new school.*

2) **R – Reality:** What is happening right now? *I'm new, just moved here*  
*Haven't made any new friends yet at school or in my neighborhood.*

3) **O – Options:** What are the Options - Opportunities and Obstacles?

Opportunities/Obstacles	Benefits/Pitfalls
<b>A)</b> <i>Greet others with a smile and 'Hi!'</i>	<i>Will let others know I'm friendly, but not being too forward</i>
<b>B)</b> <i>Look for opportunities to help others in small ways like loaning a pencil or paper. Ask for help from one of the kids that smiles back at me and introduce myself</i>	<i>Hope that by being helpful to others they will be friendlier to me.</i>
<b>C)</b> <i>Volunteer to work at the concession stand at the next home game.</i>	<i>Will help me meet some of the other kids, and get to know each other while we work together</i>
<b>D)</b> <i>Find out what clubs are available and join one that I think I'd like.</i>	<i>Opportunity to meet others that enjoy what I do</i>

4) **S - Select option/s** A & B

**Plan the Steps to achieve your goal:**

Who	What effort on my part?	When
<i>Me</i>	<i>Intentionally greet and make eye contact</i>	<i>Every day</i>
	<i>Watch for ways to help others and then act on it</i>	<i>Every day</i>
<i>Parents</i>	<i>Talk to about transportation to extra activities</i>	<i>Tonight</i>
<i>Teacher/s</i>	<i>Ask about ways to volunteer and any clubs</i>	<i>Homeroom</i>

5) **S - Start over - Evaluate progress towards goal and revise repeating the process.**

Check one:  Daily  Weekly  Monthly  Every \_\_\_ days  
 \_\_\_ Other: \_\_\_\_\_

**Method for Evaluating:**

Academic progress:  Completed Projects  Quiz/Test  Homework Grades

Rubric  Other: \_\_\_\_\_

**Character Goal Progress:** *Review my goals and effort on Sundays and make changes.*